

Keynote & Session Titles

From Stress and Burnout to Engagement and Excellence	1
How to Thrive in the New World of Work (Leader Edition)	1
The Leadership Gap: Building Skills to Lead...Regardless of Title or Position	2
Stop Trying to Be “Stress-Free”. There’s a Better Way!	2
If Sitting is the New Smoking...Movement is the New Medicine	3
Avoid the Resilience Trap	3
Why Goal Setting Fails...and How to Do it Better!	4
The Wellness Curveball	4
The Body Brain Link in Business	5

From Stress and Burnout to Engagement and Excellence

2 out of every 3 employees are disengaged at work, and almost half of employees have unhealthy stress levels each day. This is hurting people and costing companies billions every year. The way we are working isn't working!

The great news is that there's a simple and effective way to engage people in their work while reducing distress and improving all aspects of their health, happiness, and performance. This session paints the picture for this change and provides practical strategies and tools to create the necessary change.

We will see why stress and resilience seminars often make things worse. Why mindfulness apps and more benefits are failing to produce results, and what to do instead.

You will learn:

- How to create a corporate culture that contributes to the change you desire
- The critical role of leadership in the change process
- The importance of “The Long Tail” in learning, development, and behaviour change
- Simple tips, tools, and strategies for leaders and employees to move from stress and burnout to engagement and excellence.

How to Thrive in the New World of Work (Leader Edition)

Let's face it. Work and workplaces are changing faster than most organizations and leaders can handle, and the stats show it. Stress, burnout, turnover, and employee expectations are at all-time highs, and many leaders are more stressed than their teams. So, what's the solution?

Drawing from neuroscience, organizational design, change management, and performance coaching, Tim paints a clear vision for the Future of Work, and the attainable (though often uncomfortable) path that leaders and organizations can take to create a healthy, engaged, high performing workplace, whether in-person or remote.

You will learn:

- The new neuroscience of leadership
- Practical steps you can take as a leader to help yourself and your team thrive
- How organizations and leadership mindset must shift to create a thriving culture
- Best practices for a healthy, happy, thriving workplace.

The Leadership Gap: Building Skills to Lead...Regardless of Title or Position

Leadership does not require a title. A title does not mean someone is a leader. In fact the skills that elevate people to a position of leadership can sometimes hinder their ability to lead other.

This session takes a deep look at the big gaps in leadership in today's workforce, and what people at every level of an organization can do to lead themselves and others to greater engagement, effectiveness, and performance.

You will learn:

- The difference between management, leadership, and coaching.
- The skills that each role requires for success...and why all 3 can be helpful
- How to shift your leadership perspective in work and life
- Practical strategies you can use starting today to be a better leader

Stop Trying to Be “Stress-Free”. There’s a Better Way!

A positive, practical, and humorous look at the science of stress, work, and your health...including what YOU can do to thrive in today's world!

Stress is natural...Seriously! It can even be a positive and motivating force in our life...if we know how to harness it. Unfortunately, for most people, stress wreaks havoc on their body, mind, daily function, and productivity. Mindset and leadership coach Tim Borys shares his wisdom, insights, and the important science behind how our mind and body respond to stress.

Tim's upbeat and practical insights make this seemingly complex and frustrating topic easy to digest. He helps you understand your own unique stress circumstances and provides ways to implement effective strategies each day.

Participants will work through a series of personalized and practical exercises proven to help manage stress, increase happiness and life satisfaction, while boosting productivity. You will leave with the tools necessary to take control of your stress and achieve optimal function across all areas of life!

You Will Learn:

- What science says about stress and performance
- How to identify stressors in your environment
- Strategies to manage stress and harness it for greater performance
- Insight from the “stress bucket” analogy
- How to identify and reverse the stress spiral
- How to customize strategies for you and your environment

If Sitting is the New Smoking...Movement is the New Medicine

What the future of work means for your health, happiness, and energy in work and life.

We sit more today than at any time in history...and it's destroying our health, happiness, and ability to perform at work and in life. Luckily, there's a better way to live and work. One that honours our body, work realities, and goals.

Would you like to have more energy each day? Leave work feeling great? Have more motivation and enthusiasm to enjoy your evening? The solution is simple - learn to harness movement in your life!

Nope...it's not what you are

thinking. The solution has nothing to do with workouts, fitness classes, or going to the gym. In fact, those often end up being counterproductive and even dangerous!

Using movement and activity effectively fosters increased productivity, happiness, creativity, and ultimately, greater success in all aspects of your life. Smart people (and organizations) are creating "a movement around movement", and the outcomes are exceptional.

Forget the fancy equipment, and watered-down wellness initiatives. Creating change should be simple, effective, meaningful, and quick to start. This session provides the framework for success that each employee (and organization) can use to transform workplace health, happiness, and performance, by simply moving...the correct way.

You Will Learn to:

- Use movement to be more focussed, productive, and effective
- Master simple daily movements to boost energy, reduce injury, and help you feel great
- Manage your own personal movement strategy for better energy, health, and performance at home and the office
- Use four essential elements of a healthy workplace to create "a movement around movement" in your office

Avoid the Resilience Trap

Strategies for Strength and Success During Tough Times

These days, we hear a lot of talk about "building resilience" or "being resilient". But what exactly does that mean and why does it seem so darn difficult and daunting to do!?

That's because resilience isn't something you "will" into existence. It doesn't involve "digging deep" and "sucking it up" for eternity to show how "tough" you are. Resilience is a process and journey that involves a combination of mindset, simple, yet highly powerful personal habits, a support network, and a deep look inward.

The good news is, it's quite simple and anyone can do it when they follow 5 simple "Resilience Rules". In this session, we discuss the definitions of resilience, grit, and mindset, while looking at the science behind the 5 Resilience Rules.

You Will Learn:

- The differences between stress, burnout, resilience, grit, and mindset...and how they are related.
- Simple resilience habits that you can use every day to “rise above the fray”
- Learn how to create “on-demand” energy while boosting your mood and effectiveness...anytime, anywhere, in less than one minute
- Set up a simple daily structure that will get your energy and productivity back on track quickly when life throws you an unexpected curveball

Format: 45–75-minute keynote (also available as 1.5-2 hr workshop)

Why Goal Setting Fails...and How to Do it Better!

The science and strategy behind reaching and exceeding the most important objectives in your life.

Who will benefit from this session:

- People who are stressed, frustrated, burned out, and need a “reset”

Goal setting seems simple, so why do so many goals fail? The answer is a combination of the goal itself, how your brain perceives that goal, and what you do after you set it.

This session is dedicated to showing you that goal setting can be one of the most powerful forces in your life...when it's done well. We will discuss:

- Your mindset and perception of goal setting...and why that often holds people back
- The important TYPES and STRUCTURE of Goals
- How these types of goals can be used to create and build positive habits in your life
- What the research says about the power of goals and how to stay focussed
- A simple framework (including templates) for you to use in your goal setting process

The Wellness Curveball

Why Health & Wellbeing is So Elusive and What to Do About It

We all want to be healthy, happy, and well, so why are so few people experiencing that state of being? It's because of “The Wellness Curveball”.

We all face curveballs every day in the form of challenges, barriers, beliefs, myths, knowledge gaps, and tough situations. They impede our progress towards the health, fitness, happiness, and lifestyle we want. This session will help you see these curveballs, introduce you to the 4 Pillars of Personal Performance, and provide simple tools to hit the curveballs out of the park in all areas of life.

You will learn how to:

- Master the 4 Pillars of Personal Performance as a blueprint for lifelong wellness.
- Overcome self-doubt and embrace a mindset that will motivate you to clarify your purpose, passion, values, and goals for life.
- Adopt simple daily habits that enable you to consistently overcome procrastination, avoidance, and excuses to implement your work, wellness, and life goals.
- Eliminate the confusion around exercise and food so you can be healthy and fit while never dieting or going to the gym again!

This session is perfect for people who understand that health and happiness are the foundation of outstanding productivity and performance in work and life...and who want to improve those areas!

The Body Brain Link in Business

How to harness neuroscience, corporate culture and wellbeing to perform well at work.

From our individual cells to our entire body, movement is literally the foundation of life. Yet, as a society, we are more sedentary than ever. This has profound implications on our mental, physical, organizational, and societal health. Don't worry, it's not all doom and gloom!

Join us for this fun and informative session where we explore the small, yet powerful changes that people, companies, and even government can make to harness the power of movement in building better lives, businesses, and communities.

Smile, laugh, and move your way towards a new perspective on personal and business performance.

Learning Objectives

- Gain a clear understanding of how typical habits in modern society have contributed to our current physical and mental health challenges.
- Harness neuroscience to increase energy, focus, and productivity each day
- Apply a proven framework of simple daily actions that improve mood, health, and happiness
- Identify areas of opportunity and leverage within your work, life, and community to better utilize both your brain and body.

Important Notes

- All sessions can be adapted in length and are customized to suit each audience
- Most sessions can be modified to be either keynote style or interactive workshops
- Sessions may be conducted in-person, live online, or pre-recorded
- 45-60 minutes is the most common timeframe, though 30 minute sessions to full day workshops are possible. Please reach out by email or phone to discuss details.
- Keynotes and workshops produce the best results when combined with a corresponding service package. This can include: follow-up programming, time allocated for practicing learned skills, positive reinforcement from leadership, and check-ins to facilitate continued behaviour change.

Contact & Booking

Tim Borys | 403.809.3235 | connect@timborys.com

Please call or email to discuss your desired outcomes, available times, and options for booking.